PROGRESS IN BRAIN RESEARCH

VOLUME 18

SLEEP MECHANISMS

EDITED BY

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Sleep Mechanisms Progress In Brain Research Volume 18

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Publication , 1968 Public Health Service Bibliography Series , Sleep Mechanisms , 1965-01-01 Sleep Mechanisms

The Sleep of Others and the Transformation of Sleep Research Kenton Kroker,2007-12-15 We tend to think of sleep as a private concern a night time retreat from the physical world into the realm of the subconscious Yet sleep also has a public side it has been the focal point of religious ritual philosophic speculation political debate psychological research and more recently neuroscientific investigation and medical practice In this first ever history of sleep research Kenton Kroker draws on a wide range of material to present the story of how an investigative field at one time dominated by the study of dreams slowly morphed into a laboratory based discipline The result of this transformation Kroker argues has changed the very meaning of sleep from its earlier conception to an issue for public health and biomedical intervention Examining a vast historical period of 2500 years Kroker separates the problems associated with the history of dreaming from those associated with sleep itself and charts sleep related diseases such as narcolepsy insomnia and sleep apnea He describes the discovery of rapid eye movement REM during the 1950s and shows how this discovery initiated the creation of dream laboratories that later emerged as centres for sleep research during the 1960s and 1970s Kroker's work is unique in subject and scope and will be enormously useful for both sleep researchers medical historians and anybody who s ever lost a night s sleep

Current Research on Sleep and Dreams United States. Public Health Service, Gay Gaer Luce, 1966 This monograph was stimulated by the extraordinary growth now apparent in an area generally identified as sleep and dream research for this recent concentration of scientific effort offers a singular example of the power that basic research can exert in penetrating the problems of mental health and illness In the past year alone the National Institute of Mental Health supported over 60 projects related in whole or in part to studies of sleep and dreams with awards totaling over 2 million The work of many of these NIMH investigators is included in this summary which extends beyond the Institute s program insofar as necessary to indicate the major trends of work in the area The report cannot of course encompass the classical studies already summarized in published literature nor even provide comprehensive survey of present day sleep research for although much of the scientific data on sleep have been generated during the last dozen years significant references in this field now number in the many thousands The mosaic of disciplines contributing to the study of sleep contains such diverse fields as psychiatry and mathematics psychology and biochemistry physiology and anthropology Nevertheless ferment about the subject matter and a spirit of cooperation across traditional disciplinary lines have made it possible to knit together data that might otherwise have lain unrelated in a variety of laboratories During the past year individual summaries of many of the projects cited here were distributed to scientists working in the field of sleep and dreams Many of the recipients felt that up to date reports especially in a field of such dynamic activity represented a unique solution to the problem of scientific

Embracing the Beat of Phrase: An Mental Symphony within Sleep Mechanisms Progress In Brain Research Volume 18

In some sort of eaten by monitors and the ceaseless chatter of quick transmission, the melodic beauty and mental symphony developed by the published word frequently diminish in to the background, eclipsed by the constant noise and interruptions that permeate our lives. However, located within the pages of **Sleep Mechanisms Progress In Brain Research Volume**18 an enchanting literary prize overflowing with raw feelings, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, that charming masterpiece conducts readers on a psychological journey, well unraveling the concealed melodies and profound impact resonating within each cautiously constructed phrase. Within the depths of the moving examination, we shall discover the book is main harmonies, analyze their enthralling publishing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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